



COOKERY SERVICE

NOTES No. 66

JULY, 1945

HOME FRONT COOKERY ADVICE

VICTORY IN EUROPE

CAKES AND ICINGS

VICTORY OR PARTY CAKE

MIXED FRUIT CAKE

WHITE ICING (USING ICING SUGAR)

ROYAL ICING

PIPING ICING

WARTIME ICING

ALMOND PASTE (WITH SOYA FLOUR)

ALMOND PASTE (WITH SEMOLINA)

HOME-MADE ICING BAG

INSTRUCTIONS FOR MAKING AN ICING BAG

The MARGARINE COOKERY SERVICE celebrates the grand Victory in Europe (8/5/45) by the issue of this leaflet, with recipes for Victory or Party cakes and icings and instructions for making and using 'home-made Icing Bags for piping inscriptions and decorations.

We also celebrate now—like thousands of housewives—the joy of being able to cook and plan meals without unpleasant interruptions. During the past five-and-a-half years many a recipe has had to be re-tested because it has been prudent to dive under the nearest table half-way through our experiments. Those days are past and so we are gay in this month's leaflet and give you recipes you will want for those even grander days to come, when our men, and womenfolk too, will come back home, not only from Europe and the Mediterranean and the high seas, but from the Far East too.

VICTORY OR PARTY CAKE

This recipe makes quite a large cake:

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|---|----------------------------|
| 8 ozs. margarine | Pinch of salt |
| 8 ozs. sugar | 10 ozs. self-raising flour |
| 1 lb. mixed currants and sultanas | 5 reconstituted dried eggs |
| $\frac{1}{2}$ lb. raisins (or chopped prunes or dates) | |
| $\frac{1}{8}$ teaspoonful bicarbonate of soda dissolved in 1 teaspoonful milk | |
| $\frac{1}{2}$ teaspoonful almond essence, if desired | |

Put the margarine into a mixing basin and beat it with a wooden spoon until it is soft, then add the sugar and beat the two together until the mixture is soft and creamy. Then add a little of the reconstituted egg and a little flour alternately, beating the mixture well. Continue adding eggs and flour until all the egg and half the flour has been beaten into the mixture. Then gently stir in the remainder of the flour with all the fruit. Mix together, adding last of all the almond essence and the soda dissolved in the milk. Turn into an 8-inch cake tin, greased and lined with greased paper. Bake for 1 hour at a moderate heat (Regulo Mark 4), then turn the heat to very slow (Regulo Mark 1) and bake for a further $2\frac{1}{2}$ hours. Ice the cake next day, when it is cold.

MIXED FRUIT CAKE

Here is a more economical recipe for a smaller cake:

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| 8 ozs. self-raising flour | 2 tablespoonsful dried egg |
| 3 ozs. sugar | $\frac{1}{2}$ level teaspoonful mixed spice |
| 3 ozs. margarine | 10 tablespoonsful milk to mix |
| 8 ozs. mixed fruit (sultanas, currants, raisins or prunes) | Pinch of salt |

Sieve flour, dried egg, spice and salt into a basin. Clean the currants and sultanas and stone and chop the raisins or prunes. (Prunes should be soaked in cold water overnight.) Cream the margarine and sugar together and beat well. Add a little milk and sieved flour mixture alternately, a little at a time of each, until all the 10 tablespoonsful milk and flour have been beaten in. Add the dried fruit and give the mixture a final stir. Line a cake tin with greaseproof paper and brush over with melted margarine and pour in the mixture. Bake 1 hour in a moderate oven (Regulo Mark 4), then $1\frac{1}{2}$ hours in a very slow oven (Regulo Mark 1). Ice the cake the next day.

WHITE ICING (using Icing Sugar)

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|--|----------------------|
| 1 lb. of icing sugar is sufficient to cover the top and sides of a | |
| $\frac{1}{2}$ lb. of icing sugar for a medium-sized cake | large cake |
| Vanilla or almond flavouring | Colouring as desired |
| Milk or water (cold to mix) | |

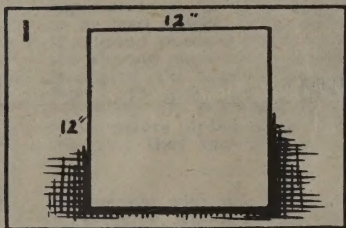
NOTE: About 3 tablespoonsful water is sufficient for 1 lb. icing sugar.

Sieve the icing sugar into a fairly large bowl. Add the milk or water a very little at a time and beat in the sugar with a wooden spoon until the icing is smooth and of a consistency in which the spoon will stand up alone. Add the flavouring and a few drops of colouring, if used, and mix in. If you are putting a layer of almond paste on top of the cake, do this before icing. If the cake has risen, cut the raised part off so that the top of the cake is flat, or turn the cake upside down. Smear the flat top with jam or syrup and press on the round of almond paste. Now place the cake on a plate which has been turned upside down, then with a knife dipped in hot water spread the icing carefully over the top, smoothing it evenly with the edge. Be careful not to use too much, as there must be sufficient left for the sides. When the top is even, spread the remainder of the icing round the sides, smoothing it as much as possible. Press the decorations gently into the icing on top while it is still wet and leave until the next day, when it will be ready to pipe on the inscriptions and add any further decorations such as rosettes, narrow bands of icing, etc.

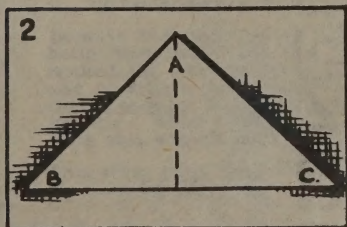
HOME-MADE ICING PIPING BAG

If you do not possess an Icing Set, it is quite easy to make a Piping Bag from greaseproof paper. Study the diagrams and instructions carefully and practice with any old piece of paper first. Be careful not to make the hole at the bottom of the bag too big. We have illustrated writing the inscription by holding the bag with both hands, as this is the easiest way for the beginner. When you write, keep the point of the bag well down on the cake and remember to squeeze the bag with even pressure all the time.

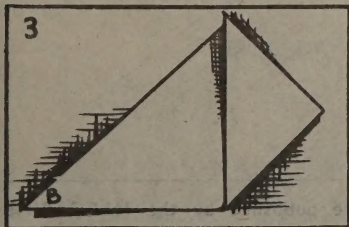
INSTRUCTIONS FOR MAKING AN ICING BAG



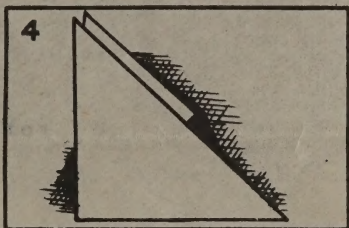
1. Use greaseproof paper and cut a 12-inch square.



2. Fold into half to form a triangle; the three points of the triangle have been numbered A, B, C. Fold over C to B, press down the centre from the middle of the base up to point A, open the triangle out again so that you can see crease line for guidance.



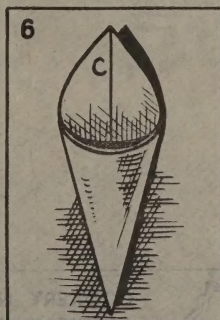
3. Fold corner C up to corner A.



4. Fold corner B right over flush with crease line down the centre.



5. Pick up paper with left hand, placing fingers down opening and fold over corner B until it meets back of corner A. This diagram shows 3 corners almost meeting.



6. This diagram shows the final position of the three corners.

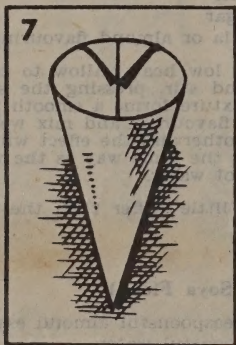
PIPING ICING

This icing is the White Icing with a very little additional water to make it slightly softer than the icing for the top:

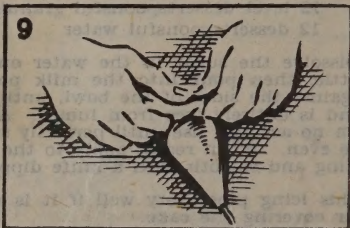
Mix the icing sugar with milk or water, flavouring and colouring to a consistency that will flow smoothly through a piping bag when pressed gently. Practice piping on a plate first. The piping must keep its shape. If it is too soft and spreads out after forcing through the bag, empty the bag, scrape it clean and wash the nozzle, if an icing set is being used, or make a new paper bag. Then beat in a little more icing sugar into the icing and test again on a plate. Do this until the right consistency is obtained. If the icing is too hard and will not come through the bag, mix the icing to a softer consistency with a little more water or milk. Always test the icing on a plate; and if an inscription is to be added, practice writing this on a plate a few times first before attempting to write on the cake. The icing used for practising can, of course, be scraped off the plate and used again.

The White Icing and Royal Icing are made with Icing Sugar.

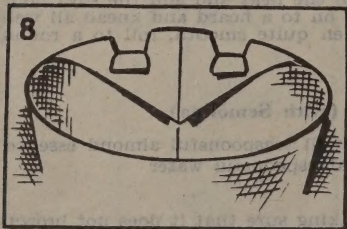
LOAF SUGAR: A substitute for Icing Sugar can be obtained by grating loaf sugar on a very fine grater and then putting it through a fine sieve. This method is not so good as icing sugar, but a fair result can be obtained. The icing would need a little colouring, otherwise a greyish icing results. Crushing loaf or granulated sugars do not yield such a fine texture as the grating method.



7. Fold the three corners over, pressing them down well.



9. Half fill the bag with the icing mixture. Fold the sides of the top of the bag towards the middle; then roll down the top until the bottom of the bag is tight with the icing. To write, press the icing down with the two thumbs. Take care to keep the hands on the rolled paper and not on the bag where the icing is, otherwise the heat of the hands will melt the icing.



8. Tear two little slits at the top of the bag and press them down to keep the bag firm. Cut off the point of the bag about $\frac{1}{4}$ inch up, so that you have a hole about one-eighth of an inch across.



10. Here is the finished V-E Cake.

ROYAL ICING

This is the correct icing to use for special occasions, but it needs whites of eggs and lemon juice. Here are the instructions for the lucky people who can make it:

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| 1 lb. icing sugar | A little water, if necessary |
| Juice of half a lemon | Whites of 2 eggs |

Rub the icing sugar through a hair sieve or very fine wire sieve into a basin, make a well in the centre, add the slightly beaten whites of eggs and the lemon juice and mix all to a smooth paste, using a little water as required. Beat the icing very quickly for about 10 minutes or more until perfectly smooth. See that it is sufficiently stiff to hold a spoon upright before using. If a little too soft, sieve in a little more icing sugar and beat in until the right consistency is reached. Turn the cake to be iced upside down on a plate or cut a little off the top to level. If almond paste is used, smear the cake surface with a little jam, roll the almond paste out to a round to fit the top, and press down all round, trimming the edges. Then spread the Royal Icing over the top and round the sides evenly with a palette knife. If the icing is difficult to spread, dip the knife in warm water. Leave for at least a couple of hours before piping on the decorations. If decorations other than piping are used, they should be pressed into the icing while still soft.

For people who still have household milk in stock, the following is a good recipe, which is sufficient for a large cake:

WARTIME ICING

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|--|------------------------------|
| 12 tablespoonsful household milk powder | |
| 12 level dessertspoonsful granulated sugar | |
| 12 dessertspoonsful water | Vanilla or almond flavouring |

Dissolve the sugar in the water on a very low heat. Allow to cool a little, then pour into the milk powder and stir, pressing the spoon against the sides of the bowl, until the mixture forms a smooth paste and is entirely free from lumps. Add the flavouring and mix well in. On no account use until perfectly smooth, otherwise the effect will not be even. When ready, apply to the cake in the same way as the white icing and smooth with a knife dipped in hot water.

This icing pipes very well if it is made a little stiffer than the icing for covering the cake.

ALMOND PASTE (with Soya Flour)

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|-------------------------|-------------------------------------|
| 4 ozs. soya flour | 2 small teaspoonsful almond essence |
| 4 ozs. granulated sugar | 2 tablespoonsful water |
| 2 ozs. margarine | |

Melt the margarine in a saucepan, making sure that it does not brown. Add the sugar, water and essence and stir over the lowest heat for 1 minute. Remove the saucepan from the heat and add the soya flour and stir it into the liquid. Turn out on to a board and knead all well together for at least 2 minutes. When quite smooth, roll to a round that will fit the cake.

ALMOND PASTE (with Semolina)

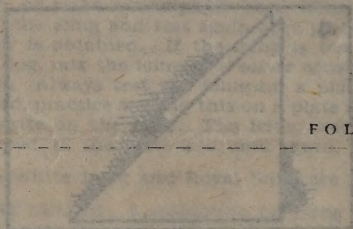
- | | |
|-------------------------|-------------------------------------|
| 4 ozs. semolina | 2 small teaspoonsful almond essence |
| 4 ozs. granulated sugar | 2 tablespoonsful water |
| 2 ozs. margarine | |

Melt the margarine in a saucepan, making sure that it does not brown. Add the semolina and stir over a low heat for 5 minutes. Add the sugar, water and essence and stir all well together over the heat for a further 5 minutes. Allow to cool a little, then either spread on the cake with a knife or turn out on to a board lightly sifted with flour or powdered sugar and roll out with a rolling pin or shape into a round with a knife. The marzipan should be shaped and placed on the cake before it is quite cold, otherwise it sets very firmly and is hard to manipulate.

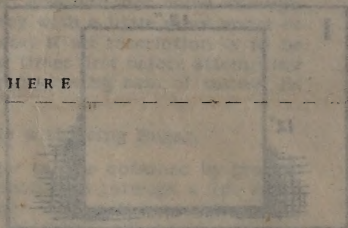
HOME-MADE JOINTING BAG

If you do not possess an ironing bag it is quite easy to make a piping bag from greaseproof paper. Study the diagrams and instructions carefully and practice with any old piece of paper first. Be careful not to make the hole at the bottom of the bag too big. We have illustrated writing the instructions by holding the bag with both hands as this is the easiest way for the beginner. When you will keep the point of the bag well away from the cake and remember to squeeze the bag with even pressure all the time.

INSTRUCTIONS FOR MAKING AN IRONING BAG



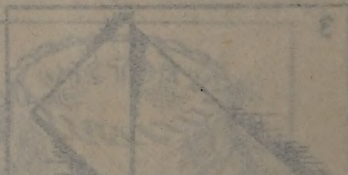
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1. Use greaseproof paper and cut a 12-inch square.



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COOKERY NOTES are published by the MARGARINE COOKERY SERVICE, Unilever House, London, E.C.4, to help solve your war-time cookery problems.